

Specialist Weight Loss Injections (Tirzepatide/Mounjaro®) in Cambridgeshire & Peterborough

The National Institute for Health and Care Excellence (NICE) has approved Tirzepatide and Semaglutide, two medications, for the management of overweight and obesity.

The NHS is now rolling out these medications for people who meet the eligibility criteria, starting with people who are at highest risk of ill health, or who are experiencing the most severe ill health due to living with obesity.

These individuals are being prioritised because the NHS does not have the services or existing resources to manage the number of people who could potentially be eligible for weight management medications. This means not everyone who wishes to use these medications, and meets the criteria, will be able to access them immediately.

In the first phase of the roll-out of weight management medications (between now and April 2026), people with a BMI of 40 or above (or 37.5 for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean ethnic backgrounds), and with four out of the following diagnosed health conditions will be prioritised:

- Type 2 diabetes
- High blood pressure
- Heart diseases
- Obstructive sleep apnoea
- Abnormal blood fats

If you do NOT meet all the criteria above, please do not contact your GP practice to ask for these new injections. They are following strict NHS guidance and will not be able to prescribe them to you at this time.

If you would like to access support to help manage your weight, and feel you meet all the criteria listed above, please speak to your GP practice in first instance. If appropriate your GP will refer you to our weight management service. The weight management service will assess your needs and how they can best support you. Where people meet the eligibility criteria above, this may include the option of weight management medication.

The roll-out of weight management medications is being managed in phases. You may experience a long wait for medication due to the significant demand for these treatments.

NICE has indicated in its guidance that it could take up to 12 years to make tirzepatide available to everyone who could be eligible.

Support is Here For You Now

Managing your weight is a journey, and we are here to support you every step of the way. Healthy You provides a range of proven and effective services to help you achieve your goals, improve your health, and feel better.

These options are available to you today:

Free Slimming World Referrals: Access the supportive group environment of a leading weight-loss organisation, fully funded for 12 weeks. <https://healthyyou.org.uk/join-slimming-world-for-12-weeks-for-free/>

NHS Digital Weight Management Programme: A 12-week online programme for people living with obesity and diabetes or hypertension. <https://www.england.nhs.uk/digital-weight-management/>

Health Trainers: Get personalised one-to-one support and coaching to help you make lasting changes(<https://healthyyou.org.uk/services/health-trainer/>)

These services are the foundation of successful long-term weight management and are an essential part of the support offered alongside any specialist medication. Further information are provided below (<https://healthyyou.org.uk/services/healthy-weight/>)

Thank you for your understanding.